

COMPETITIVE TEAM

Year Round Season



Strive, Endure and Exceed
ATHLETE & PARENT

HANDBOOK

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Montbello Cheetahs Track Club

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Montbello Cheetahs Track Club

WHO WE ARE

We are the Competitive Year Round Team of the Montbello Cheetahs Track Club. Our competitive team is open to youth between the ages of 9 – 18 years old who wish to enhance their track and field skills throughout the year, compete with others with similar interests, get coaching from experts and establish a training program.

Our athletes participate in USA Track and Field (USATF) during the indoor season which runs from November – February. During our summer competitive season, athletes will participate in USATF, Amateur Athletic Union (AAU) Track meets as well as Colorado Association of Recreational Athletics (CARA).

The Competitive Year Round Team requires setting personal goals, intense training, the ability to compete against other great athletes around the region and a financial commitment. The financial commitment is needed to support our efforts helping athletes compete at their highest level though traveling to regional and national track and field meets.

The Competitive Year Round Team focuses on the pursuit of excellence; we are striving to get our youth to believe in themselves, take risks in live, overcome adversity, handle defeat, thrive on challenges and become **WINNERS**, by developing the positive outlook that turns “ordinary” competitions into **WINNERS**. They learn how to focus their commitment and achieve greater personal satisfaction.

Our competitive program emphasizes the following:

- Building self-esteem and good sportsmanship conduct
- Developing competitiveness through goal setting
- Developing mental health and strong bodies
- Developing self-discipline and high moral standards
- Developing new friendships
- Promoting physical conditioning for life
- Promoting leadership & community builders
- Learning the fundamentals of track and field with an emphasis on having fun



Montbello Cheetahs Track Club

A NOTE FROM



The Coach

- We Focus on technique as well as strength and conditioning because, "hard work beats talent when talent doesn't work hard."
- Dedication from both the parents and the athletes.
- Athletes will endure some physical training which include plyometric and Pilates to enhance strength, skills, and flexibility with bio motor skills training, also.
- An athlete's mental focus is enhanced by physical training.
- The "Title Student Athlete" is what the Cheetahs strive to train for.
- Academic success is a must, it starts **NOW!**
- Time management and preparation for the prepared student athlete equals **SUCCESS!**
- Goal setting, confidence building, and mental toughness are our training goals.
- Maintaining a productive coaching atmosphere for all athletes is a must.
- Practices are mandatory, if an athlete is not able to attend a practice, the parent must contact one of the coaches so that they are aware of the athlete's absence.
- During practices, exercises and procedures will be explained to the athlete in detail. All these practice procedures will create a successful and enjoyable environment for the athlete as well as the parent.
- Practices will be:
 - a. Learning experience
 - b. Hard work
 - c. Dedication
 - d. Fun
 - e. Productive
- Parents are welcome to monitor and comment at the appropriate time.

For more information please contact:

Coach Ashley Jackson Email: jacksonashley8@gmail.com
Coach Gayland Allen Email: gallen63@gmail.com

Phone: 720-460-7137
Phone: 720-495-6408

Montbello Cheetahs Track Club

Financial Commitment



Financial Commitment

- Registration Fee \$400.00
 - Registration covers training, coaching, facility, track meet manager, and track events.
 - The indoor season will be 5 meets (up to 3 events per meet) during the indoor season, plus event fee only for Regional Meet in Arizona and 5 meets (up to 3 events per meet) during the outdoor season. **(This is covered with registration fee.)**
 - If the coach & parents decide to participate in more than 5 meets during outdoor season, an invoice will be emailed to collect the additional fees.
- **Track Meet Registration**
 - The Cheetahs Track Meet Manager will register athletes for all track meets, this include in-state meet, Regionals & National Track Meets **(Regional & National Registration and events are NOT included in the registration fee).**
 - **Every Tuesday**, the coach will email the track meet manager which events your athlete will participate for the upcoming track meet. **Be sure to communicate with the coach if your athlete will not participate.**
 - **Track Meet manager** will send out an email to confirm the athlete(s) events as well as provide track meet details.
- **Uniforms:** Cost is \$40.00, this include 1 singlet and a sweat suit. Additional uniforms will be an additional \$30.00 (either singlet or top & bottom).
- **Traveling Expenses:** \$500-\$1,000+ per out-of-state meet. ALL travel expenses, meals and housing will be the parent's responsibility. Coach will communicate in advance which will depend on athlete's performance and ability to travel.
- **Fundraising:** Parents organize fundraising activities when necessary to cover traveling, meals and housing expenses. The coach will discuss at the start of each season (indoor and outdoor).

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TEAM Communication

Parent involvement

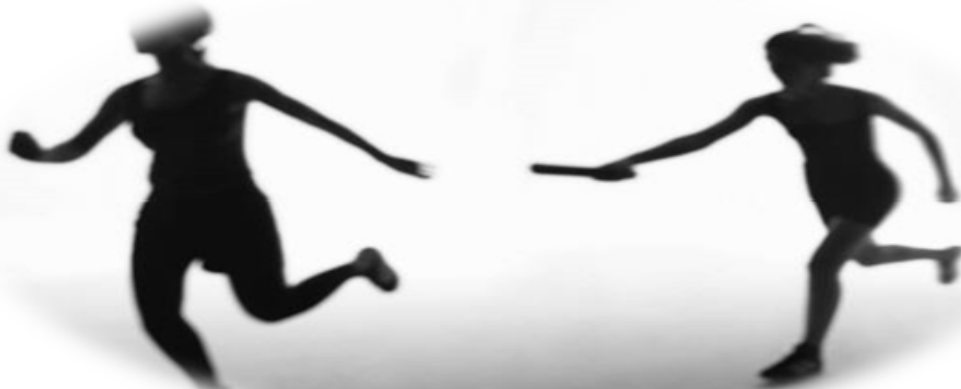
- The parent's involvement in their child's sport is an integral part of their relationship with their child.
- Parents play an active role in an athlete's progress by committing to the training schedule and commitment to competitions.
- The kind and the amount of sport experiences the child may need to acquire proper skills should be left to the coach to decide. The coach and the athlete decide which events the athlete should enter, how widely these events are to be spaced, at what level the athlete is ready to compete. These decisions should be coordinated with the family's plans and schedules.
- Periodic parent/child/coach conferences will help clarify the role, expectations, and goals of all involved parties.

Coach will

- **Send out text messages to schedule, remind or cancel practices/track meets.**
- **Emails will be sent to confirm weekly event participation.**
- **Email newsletters will be sent occasionally to highlight, announce or provide other events/activities happening within the club.**

Parents will

- Communicate absences to practices/track meets.
- Notify coach when weekly track meet registration has not been sent. Again, this form of communication will confirm your child's participation with upcoming track meets.



Montbello Cheetahs Track Club

INTENSE Training Schedule

Track & Field unlike any other sport requires consistent training. We avoid injuries by following the structured training schedule we put into effect.

Athletes will practice at the Montbello High School Campus 4-days a week. Monday - Thursday, **6:30 PM - 7:45 PM**

- Participation requires a four-day week workout
 - Strength Training in the weight room will be held on Mondays and Wednesdays
 - Running & Field Training on Tuesdays and Thursdays
- Program requires commitment to training, attending practices, and traveling in and out-of-state
- Our program strongly promotes a healthy eating lifestyle for athletes.



Montbello Cheetahs Track Club



AGE Divisions

General Information

USATF and AAU track meets cost to participate. This will be outlined under **Financial Responsibilities**.

The athletes are required to participate in at least two events. However, athletes can participate up to three events per track meet through a registration process that the Cheetahs Track Meet Manager manages.

USATF Age Divisions

age are as follows:

Age Division	Year of Birth
8 & Under	2010+*
9 - 10	2008-2009
11 - 12	2006-2007
13 - 14	2004-2005
15 - 16	2002-2003
17 - 18	2000-2001**

AAU Age Divisions

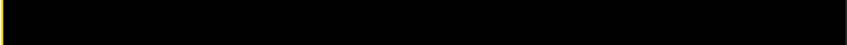
All Age division are determined by Year of Birth

Age Division	Year of Birth
8 & Under	2010 & after
9	2009
10	2008
11	2007
12	2006
13	2005
14	2004
15-16	2002-2003
17-18	2000-2001



* Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.



Montbello Cheetahs Track Club

TRACK & FIELD Descriptions

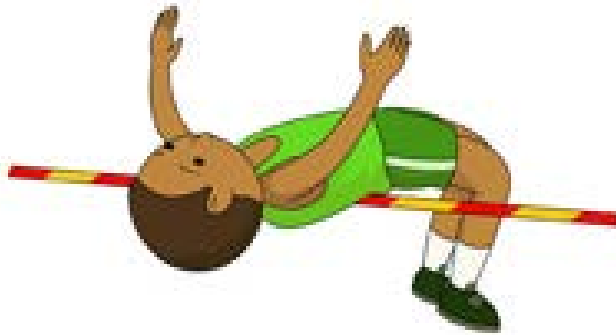
Track Events	Field Events
100 M Dash 200 M Dash 400 M Run 800 M Run 1500 M Run -AAU 3000 M Run - AAU	Long Jump Discus Shot Put
4X100 M Relay 4X400 M Relay 4X800 M Relay	
Hurdles 110 M Hurdles Boys 110 M Hurdles Girls 400 M Hurdles Boys/Girls	



Montbello Cheetahs Track Club

TRACK MEET Indoor Schedule

*Schedule subject to change year-to-year. The schedule below provides a snapshot of a typical Cheetah Competitive Indoor Schedule. Competitive team always participates with the USATF indoor. Outdoor schedule will consist of USATF & AAU meets



2018 Youth Indoor Schedule		
Jan 7, 2018	USATF Colorado All Comer Indoor Meet Online registration only (available soon) Meet information (available soon)	Cadet Field House 2169 Field House Dr. Air Force Academy, CO
Jan 14, 2018	MLK Jr. Mile High Classic Indoor Track Meet Online registration only (available soon) Meet information (available soon)	Cadet Field House 2169 Field House Dr. Air Force Academy, CO
Jan 21, 2018	USATF Colorado All Comer Indoor Track Meet Online registration only (available soon) Meet information (available soon)	Cadet Field House 2169 Field House Dr. Air Force Academy, CO
Jan 28, 2018	USATF Colorado Association Championship Indoor Track Meet Online registration only (available soon) Meet information (available soon)	Cadet Field House 2169 Field House Dr. Air Force Academy, CO
Feb 2-3, 2018	Air Force Open Indoor Track & Field Meet High School Events Meet information click here. (Jan 30th deadline)	Cadet Field House 2169 Field House Dr. Air Force Academy, CO
Arizona Regional Meet		
Feb. 17-19, 2018		
May 27, 2017	12th Annual Freddie Houston Invite Meet information Results PDF HTML	Evie Dennis Campus/Aurora 4800 Telluride St, Denver, CO 80249

Montbello Cheetahs Track Club

TRACK MEET Outdoor Schedule

*Schedule subject to change year-to-year. The schedule below provides a snapshot of a typical Cheetah Competitive Outdoor Schedule. Outdoor schedule will consist of USATF & AAU meets.

2017 Youth USATF Outdoor Schedule		
May 27, 2017	12th Annual Freddie Houston Invite Meet information Results PDF HTML	Evie Dennis Campus/Aurora 4800 Telluride St, Denver, CO 80249
Jun-Aug Tue & Thurs	Boulder Road Runners 2017 Summer All-Comers Track and Field Series Meet information click here	CU Potts Field Discovery Dr, Boulder, CO 80309
June 4, 2017	Nite Moves All Comer Track & Field Meet Meet information Results PDF HTML	Aurora Central HS Stadium 11700 E. 11th Ave, Aurora, CO
June 7, 2017	Valor Track & Cross Country Club Summer Twilight Series Meet information Results PDF HTML	Valor High School Stadium 3775 Grace Blvd, Highlands Ranch, CO 80126
June 10, 2017	Kyle McIntosh Twilight Track & Field Meet Meet information Results PDF HTML	Valor High School Stadium 3775 Grace Blvd, Highlands Ranch, CO 80126
June 14, 2017	Valor Track & Cross Country Club Summer Twilight Series Meet information Results PDF HTML	Valor High School Stadium 3775 Grace Blvd, Highlands Ranch, CO 80126
June 17, 2017	LIFT All Comer Track & Field Meet Meet information Results PDF HTML	EchoPark Stadium 11901 Newlin Gulch Blvd Parker, CO 80134
June 21, 2017	Valor Track & Cross Country Club Summer Twilight Series Meet information Results PDF HTML	Valor High School Stadium 3775 Grace Blvd, Highlands Ranch, CO 80126
June 22-24	USATF Colorado Junior Olympic Championship Track & Field & Multi's Meet information Results v2 PDF HTML	Valor High School Stadium 3775 Grace Blvd, Highlands Ranch, CO 80126
July 1, 2017	Colorado Springs Striders Invite Track & Field Meet Meet information	Grace Center for Athletics 1655 Pirate Heights Colorado Springs, CO 80907
July 6-9	USATF Region 10 Junior Olympic Championship Meet information Online registration only	Mesa Community College Location info. Phoenix, AZ

Montbello Cheetahs Track Club

YOUTH & PARENT Code of Conduct

Definitions:

Coach: A Person designated as team representative. One who is either a player or non- player.

Athlete: A person, who actively participates in the game, sits on the bench, or is on the roster.

Contest Area: That area which is designated by the tournament director.

Spectator: A person who comes out to watch the game, for entertainment, with no physical involvement.

Official: Person or persons, on the field to administer the official rules.

Participation: Any involvement in the USATF, AAU or CARA. activities, such as, spectating, officiating, playing, coaching, or attending anon-sporting events.

USATF, AAU or CARA Activity: Any event designated by the USATF, AAU or CARA and hosted by an agency that is a member of USATF, AAU or C.A.R.A.

League Supervisor: Part or Full-time employee of the host agency.

Meet Officials/Director: The full-time employee or designated individual of the host agency directly responsible for the USATF, AAU or C.A.R.A. activity.

No player shall, at any time, lay a hand upon, shove, strike, or threaten an official, player, or spectators. **MINIMUM penalty**: Officials are required to suspend player immediately, and tournament director is required to suspend player from further tournament play.

Maximum penalty: The sports committee shall determine Penalty, at a later date.

No Player shall refuse to abide by an official or tournament director's decision.

Maximum penalty: Removal from further play.

No player shall be guilty of obscene gesture or objectionable demonstration of dissent at officials' or tournament director's decisions. **Minimum penalty**: Warning by the official, and report such person to the tournament director. **Maximum penalty**: Removal of player from further game play.

Montbello Cheetahs Track Club

YOUTH & PARENT Code of Conduct

No player shall be guilty of using unnecessarily rough tactics in the play of game against the body and person of an opposing player. **Minimum penalty:** Officials are required to suspend a person from game. **Maximum penalty:** Removal of player from further to participate in track meet.

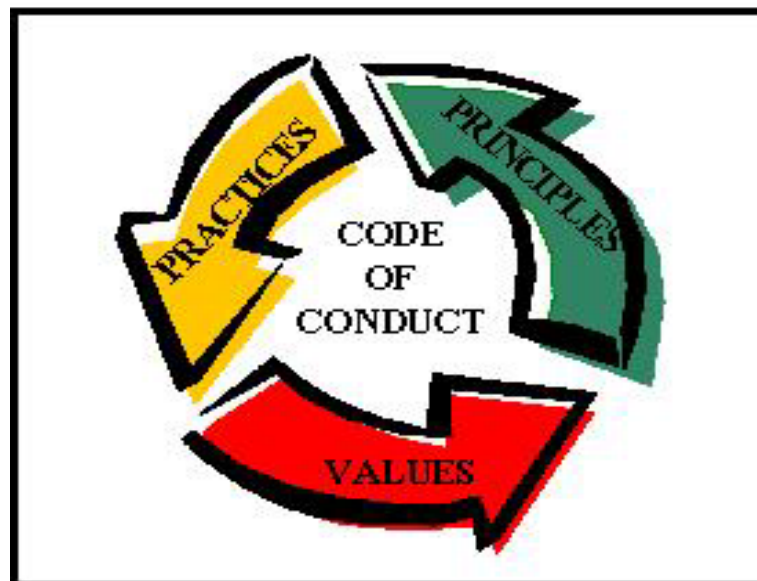
No player shall be guilty of an abusive verbal attack upon any player, official, or spectator. **Minimum penalty:** Officials are required to suspend person from further play of game.

No player shall appear in the contest area under the influence of alcohol or drugs, in such a manner as to not have control of his faculties to the extent that he is inclined to hurt himself or another player. **Minimum penalty:** Officials are required to suspend player immediately from further play. **Maximum penalty:** Tournament director is required to suspend player from further tournament play.

No player shall consume alcoholic beverages or beer while the player, or team, is participating in the game. **Minimum penalty:** Officials are required to forfeit the game in the opponent's favor. **Maximum penalty:** Tournament director is required to *suspend player or team from further tournament play.

No player shall smoke or chew tobacco while coming off or going in the field of play, or while in the contest area. **Minimum penalty:** Verbal warning. **Maximum penalty:** Player must leave the game area.

The coach shall be the **ONLY** team representative who may discuss a decision with the officials.



Montbello Cheetahs Track Club

SPECTATOR Code of Conduct

As a spectator, we need to set a good example for the youth, in sportsmanship and ethics. These examples are especially important, and challenged, when a situation of disagreement arises during an event. If you find yourself upset over a players' mistake, a coach's decision or an official's judgment, please keep in mind the following:

- Our players are not professionals, and are discovering their sports skills and abilities. They are young athletes learning how to play together in a youth sporting environment.
- Our coaches are individuals who enjoy working with the athletes. They are learning how to instruct and coach the athletes the best way they know how. They will provide feedback before, during and after the event. They need your support and trust in the decisions and/or comments that are made during this process. They are not professionally trained. The coaches are volunteers devoting their time to this sport.
- Our meet officials and volunteers are human, they make judgment calls which some will undoubtedly disagree with. They interpret rules fairly and honestly. They too, are continually learning more about the sport as well as dealing with disagreements.

We, as spectators, must abide by the following Code of Conduct:

- *Remain in the spectator area during competition.*
- **STAY OFF THE INFIELD AND OUT OF THE STAGING AREA!**
- Be supportive of all participants by giving positive encouragement.
- Remember that the meet is for the players, not the spectators.
- Display and encourage good sportsmanship at all time.
- Respect the meet officials.
- Understand the rules of the events.
- Respect all players, coaches, and other spectators.
- **Always keep your emotions under control.**
- Sit back, enjoy the meet, and watch your child have FUN!

ZERO TOLERANCE POLICY

As members of the USATF, AAU and CARA and, we have made a commitment to provide quality sports experiences for participants. Our goal is to provide a safe place for youth to learn the rules, and how to play the game to the best of their ability, but most importantly, to have FUN! All spectators are expected to follow this Spectator Code of Conduct. Any spectators breaking the code will be asked to leave the meet area immediately.

AT TRACK MEETS, if you have a concern please direct those concerns to the Cheetah Coach. DO NOT approach volunteers or other staff members working the track meet. Your cooperation on this matter is greatly appreciated.

As a spectator at the meets, you have an important responsibility to the participants.

Montbello Cheetahs Track Club

Helpful Track Meet Tips INDOOR & OUTDOOR SEASONS

When preparing for a track meet, follow our tip guide:
(2-3 HOURS BEFORE TRACK MEET)

1. Eat a light breakfast, this may include: fruits (plums, melons, cherries, peaches) cereal, bagel, English muffin, yogurt, and fruit/vegetable juice.
2. Fuel your body with water, Gatorade or sport drinks.
3. Between track and field events, continue to fuel your body with water or Gatorade, fruits like oranges or bananas.
4. After all your events are completed, enjoy a healthy



How to enjoy “A day at the Track Meet”:

- Tip #1: Be prepared for all types of weather.
- Tip #2: Bring lawn chairs (Not all facilities have bleachers outdoor only).
- Tip #3: Bring a tent. Tents must be set-up at the top of the bleachers or set-up on the ground in designated areas. (outdoor season only)
- Tip #4: Bring umbrellas, sunscreen (outdoor season only), cooler filled with water, sport drinks, fruits, veggies, sandwiches, chicken, & other snacks.